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| Food: | Sweet And Sour Chicken With Rice |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Tesco Sweet & Sour Chicken With Egg Fried Rice | 380 | 380.0 | 0.8 | 58.9 | 2.50 |
| Weight Watchers Sweet & Sour Chicken | 320 | 380.8 | 0.6 | 70.4 | 1.75 |
| Sainsbury's Sweet & Sour Chicken & Rice, Be Good To Yourself | 380 | 391.4 | 0.8 | 56.6 | 3.00 |
| Morrisons Counted Sweet & Sour Chicken With Rice | 350 | 413.0 | 0.7 | 71.4 | 1.00 |
| Hearty Food Company Sweet & Sour Chicken With Rice | 400 | 448.0 | 1.2 | 86.0 | 0.65 |
| ASDA Sweet & Sour Chicken With Rice | 400 | 448.0 | 0.8 | 76.0 | 0.90 |
| Hearty Food Company Sweet & Sour Chicken With Rice | 400 | 460.0 | 0.8 | 78.4 | 1.10 |
| ASDA Chinese Sweet & Sour Chicken with Egg Fried Rice | 400 | 492.0 | 2.8 | 80.0 | 1.50 |
| Tesco Sweet & Sour Chicken Egg Fried Rice | 400 | 544.0 | 2.8 | 85.6 | 1.60 |
| Iceland Sweet & Sour Chicken with Egg Fried Rice | 400 | 572.0 | 0.8 | 91.2 | 1.65 |
| Sainsbury's Sweet & Sour Chicken With Rice | 400 | 612.0 | 4.4 | 83.6 | 1.60 |
| Morrisons Sweet & Sour Chicken with Egg Fried Rice | 450 | 621.0 | 2.3 | 87.3 | 2.50 |
| Iceland Sweet & Sour Chicken with Rice | 500 | 685.0 | 2.0 | 119.0 | 1.00 |
| Sainsbury's Crispy Sweet & Sour Chicken With Rice | 400 | 712.0 | 2.4 | 94.0 | 3.00 |
| Sainsbury's Sweet & Sour Chicken With Rice | 450 | 715.5 | 2.7 | 101.7 | 2.75 |
| Tesco Sweet & Sour Chicken & Rice | 450 | 751.5 | 5.4 | 92.3 | 2.50 |

* Values shown per Meal

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Tesco Sweet & Sour Chicken With Egg Fried Rice | 380 | 100 | 0.2 | 15.5 | 2.50 |
| Sainsbury's Sweet & Sour Chicken & Rice, Be Good To Yourself | 380 | 103 | 0.2 | 14.9 | 3.00 |
| Hearty Food Company Sweet & Sour Chicken With Rice | 400 | 112 | 0.3 | 21.5 | 0.65 |
| ASDA Sweet & Sour Chicken With Rice | 400 | 112 | 0.2 | 19 | 0.90 |
| Hearty Food Company Sweet & Sour Chicken With Rice | 400 | 115 | 0.2 | 19.6 | 1.10 |
| Morrisons Counted Sweet & Sour Chicken With Rice | 350 | 118 | 0.2 | 20.4 | 1.00 |
| Weight Watchers Sweet & Sour Chicken | 320 | 119 | 0.2 | 22 | 1.75 |
| ASDA Chinese Sweet & Sour Chicken with Egg Fried Rice | 400 | 123 | 0.7 | 20 | 1.50 |
| Tesco Sweet & Sour Chicken Egg Fried Rice | 400 | 136 | 0.7 | 21.4 | 1.60 |
| Iceland Sweet & Sour Chicken with Rice | 500 | 137 | 0.4 | 23.8 | 1.00 |
| Morrisons Sweet & Sour Chicken with Egg Fried Rice | 450 | 138 | 0.5 | 19.4 | 2.50 |
| Iceland Sweet & Sour Chicken with Egg Fried Rice | 400 | 143 | 0.2 | 22.8 | 1.65 |
| Sainsbury's Sweet & Sour Chicken With Rice | 400 | 153 | 1.1 | 20.9 | 1.60 |
| Sainsbury's Sweet & Sour Chicken With Rice | 450 | 159 | 0.6 | 22.6 | 2.75 |
| Tesco Sweet & Sour Chicken & Rice | 450 | 167 | 1.2 | 20.5 | 2.50 |
| Sainsbury's Crispy Sweet & Sour Chicken With Rice | 400 | 178 | 0.6 | 23.5 | 3.00 |
| Tesco Crispy Sweet & Sour Chicken | 350 | 215 | 3.9 | 19.3 | 3.50 |

* Values shown per 100 grams

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*